

# BIEG K-B-L - 110 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Dolnośląski Festiwal Biegów Górskich  
Stowarzyszenie TKKF Kompas  
2017-07-20  
Łądek Zdrój  
110 km

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	JÓZWIAK Piotr	5143	KITA TEAM	Senior II M - 30	1	01:29:23	03:51:47	06:10:57	07:31:19	09:16:57	10:40:36	<b>12:01:13.85</b>	<b>12:01:16.10</b>		6:33	9,2 (100%)
2	KORAB Robert	5216	LURBEL POLSKA	Masters M - 40	1	01:38:26	04:19:52	06:41:55	08:00:28	09:44:55	11:21:15	<b>12:41:38.95</b>	<b>12:41:43.70</b>	+00:40:27 (5.3%)	6:55	8,7 (88.9%)
3	PIĄTEK Mateusz	5003	WKURW_TEAM	Senior I M - 20	1	01:37:42	04:18:04		08:09:38	09:54:55	11:24:52	<b>12:44:28.85</b>	<b>12:44:33.20</b>	+00:43:17 (5.7%)	6:56	8,6 (88.9%)
4	SZCZOTKA Paweł	5183		Masters M - 40	2	01:37:10	04:21:26	06:49:55	08:17:39	10:01:55	11:39:29	<b>13:05:16.05</b>	<b>13:05:20.85</b>	+01:04:04 (8.2%)	7:08	8,4 (88.9%)
5	WENTA Marta	5158	KASZUBSKA PONIEWIERKA	Senior I K - 20	1	01:37:46	04:21:31	06:49:55	08:17:38	10:01:55	11:39:23	<b>13:05:16.50</b>	<b>13:05:21.00</b>	+01:04:04 (8.2%)	7:08	8,4 (88.9%)
6	BUŁANOW Leszek	5213		Masters M - 40	3	01:33:37	04:14:01	06:44:55	08:09:38	10:05:55	11:40:37	<b>13:07:21.00</b>	<b>13:07:25.20</b>	+01:06:09 (8.4%)	7:09	8,4 (88.9%)
7	SARNOWSKI Paweł	5215	ULTRASARNY	Senior I M - 20	2	01:32:17	04:14:04	06:44:51	08:09:35	10:01:51	11:40:36	<b>13:07:42.20</b>	<b>13:07:50.45</b>	+01:06:34 (8.4%)	7:09	8,4 (88.9%)
8	ŚWIERAD Dariusz	5012	ASICS FRONTRUNNER POLSKA	Senior II M - 30	2	01:43:39	04:33:42	07:04:52	08:29:21	10:17:52	11:46:58	<b>13:11:56.40</b>	<b>13:12:03.75</b>	+01:10:47 (8.9%)	7:11	8,3 (88.9%)
9	PODSIADŁO Mikołaj	5130	KW POZNAŃ	Senior I M - 20	3	01:40:17	04:27:17	06:54:50	08:20:27	10:11:50	11:46:54	<b>13:11:54.50</b>	<b>13:12:03.95</b>	+01:10:47 (8.9%)	7:11	8,3 (88.9%)
10	ŚWIDEREK Jacek	5222		Masters M - 40	4	01:40:16	04:24:36	07:00:55	08:45:10	10:29:55	12:11:11	<b>13:21:51.30</b>	<b>13:21:55.30</b>	+01:20:39 (10.1%)	7:17	8,2 (88.9%)
11	DRABIK Dawid	5062		Senior II M - 30	3	01:39:22	04:23:02	06:54:33	08:42:47	10:27:33	12:08:34	<b>13:24:03.85</b>	<b>13:24:30.80</b>	+01:23:14 (10.3%)	7:18	8,2 (88.9%)
12	KULIŃSKI Maciej	5057	OIRP WROCŁAW	Senior II M - 30	4	01:38:31	04:26:57	07:12:53	08:40:00	10:29:53	12:15:27	<b>13:35:29.45</b>	<b>13:35:35.95</b>	+01:34:19 (11.6%)	7:24	8,1 (88.9%)
13	KUTER Krzysztof	5181	KONDYCJA	Senior II M - 30	5	01:34:02	04:14:28	06:47:54	08:15:48	10:14:54	12:05:53	<b>13:38:54.85</b>	<b>13:39:00.20</b>	+01:37:44 (11.9%)	7:26	8,1 (88.9%)
14	DĄBROWSKI Kamil	5047	BIEGIEM PO PIWO PIWOTEKA ŁÓDŹ	Senior I M - 20	4	01:37:22	04:27:18	07:01:43	08:46:35	10:39:43	12:23:25	<b>13:44:35.40</b>	<b>13:44:51.90</b>	+01:43:35 (12.6%)	7:29	8 (88.9%)
15	TUCZYŃSKI Maciej	5225	RGIG / OLD SCHOOL TRAIL RUNNERS	Senior II M - 30	6	01:47:06	04:46:10	07:20:39	09:06:52	10:56:39	12:37:21	<b>13:53:54.40</b>	<b>13:54:15.25</b>	+01:52:59 (13.5%)	7:34	7,9 (77.8%)
16	RZEPKA Remigiusz	5210	CLEAREX	Masters M - 40	5	01:32:19	04:06:18	06:34:53	08:00:26	10:06:53	12:00:47	<b>13:57:45.45</b>	<b>13:57:52.00</b>	+01:56:35 (13.9%)	7:36	7,9 (77.8%)
17	GÓRNY Piotr	5098	GÓRNY TEAM	Senior I M - 20	5	01:45:46	04:33:58	07:20:36	08:51:52	10:54:36	12:33:39	<b>14:02:12.40</b>	<b>14:02:35.80</b>	+02:01:19 (14.4%)	7:39	7,8 (77.8%)
18	WYRODEK Jakub	5201	IT KONTRAKT	Senior II M - 30	7	02:01:47	04:50:33	07:20:38	08:51:54	10:49:38	12:34:47	<b>14:02:14.85</b>	<b>14:02:36.20</b>	+02:01:20 (14.4%)	7:39	7,8 (77.8%)
19	MIKUŚ Marcin	5053		Senior II M - 30	8	01:44:57	04:44:14	07:42:43	09:20:38	11:09:43	12:39:45	<b>14:03:06.25</b>	<b>14:03:22.35</b>	+02:02:06 (14.5%)	7:39	7,8 (77.8%)
20	NIEDŹWIEDŹ Tomasz	5224	SIŁA OGRA	Senior II M - 30	9	01:43:02	04:44:30	07:41:55	09:19:22	11:10:55		<b>14:03:30.05</b>	<b>14:03:35.00</b>	+02:02:18 (14.5%)	7:40	7,8 (77.8%)
21	PISAREK Maciej	5174	BIOCO RUNNING TEAM	Senior II M - 30	10	01:29:23	04:34:22	07:11:57	08:40:35	10:42:57	12:35:33	<b>14:06:36.85</b>	<b>14:06:39.05</b>	+02:05:22 (14.8%)	7:41	7,8 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
22	KUŹNIAK Marcin	5036		Masters M - 40	6	01:43:30	04:45:44	07:28:53	09:08:58	11:04:53	12:44:29	<b>14:12:23.55</b>	<b>14:12:29.70</b>	+02:11:13 (15.4%)	7:44	7,7 (77.8%)
23	WICHŁACZ Paweł	5058	KB MANIAC POZNAŃ	Senior II M - 30	11	01:50:58	04:50:06	07:35:28	09:07:31	11:19:28	13:06:25	<b>14:35:02.75</b>	<b>14:35:34.10</b>	+02:34:18 (17.6%)	7:57	7,5 (77.8%)
24	STOKŁOSA Sebastian	5072	LESZ NO LIMITS RUNNERS	Senior II M - 30	12	01:46:43	04:45:46	07:30:52	09:09:32	11:12:52	13:01:20	<b>14:36:15.65</b>	<b>14:36:23.00</b>	+02:35:06 (17.7%)	7:57	7,5 (77.8%)
25	BIADASZ Andrzej Michał	5063	POLITECHNIKA POZNAŃSKA	Masters M - 40	7	01:40:16	04:24:34	06:44:54	09:09:34	11:14:54	13:11:31	<b>14:45:18.30</b>	<b>14:45:23.40</b>	+02:44:07 (18.5%)	8:02	7,5 (77.8%)
26	GOLIAT Damian	5075	CKBABCIE	Senior II M - 30	13	01:38:29	04:18:03	06:43:55	08:00:38	10:01:55	12:13:21	<b>14:47:05.35</b>	<b>14:47:10.25</b>	+02:45:54 (18.7%)	8:03	7,4 (77.8%)
27	PERYKASZA Paweł	5014	NR +	Senior II M - 30	14	01:45:20	04:51:24	07:54:51	09:31:15	11:37:51	13:23:18	<b>14:47:24.55</b>	<b>14:47:32.80</b>	+02:46:16 (18.7%)	8:04	7,4 (77.8%)
28	STATECZYŃSKI Błażej	5120	DEFENDU	Senior II M - 30	15	01:52:01	04:50:40	07:38:38	09:24:39	11:31:38	13:26:46	<b>14:58:38.10</b>	<b>14:58:59.55</b>	+02:57:43 (19.8%)	8:10	7,3 (77.8%)
29	KURPIEWSKA Anna	5123	GT RAT	Masters K - 40	1	01:46:28	05:06:00		09:40:14	11:57:51	13:43:52	<b>15:10:42.85</b>	<b>15:10:51.10</b>	+03:09:35 (20.8%)	8:16	7,2 (77.8%)
30	SOBOL Tomasz	5157		Masters M - 40	8	01:45:58	05:02:41	07:57:55	09:41:36	11:56:55	13:45:44	<b>15:15:51.50</b>	<b>15:15:55.55</b>	+03:14:39 (21.3%)	8:19	7,2 (77.8%)
31	MAZURKIEWICZ Jerzy	5051		Senior II M - 30	16	01:44:24	04:47:22	07:57:50	09:32:36	11:50:50	13:52:19	<b>15:24:13.55</b>	<b>15:24:22.90</b>	+03:23:06 (22.0%)	8:24	7,1 (77.8%)
32	GŁODOWSKA Kamila	5193	TEAM K34	Senior I K - 20	2	01:50:35	04:52:09	07:54:52	09:33:30	11:40:52	13:44:20	<b>15:25:05.60</b>	<b>15:25:13.30</b>	+03:23:57 (22.0%)	8:24	7,1 (77.8%)
33	LEHMANN Dawid	5022	HOLISTIC CREW KĘPNO	Senior I M - 20	6	01:37:36	04:28:06	07:30:55	09:14:43	11:29:55	13:34:18	<b>15:25:59.35</b>	<b>15:26:03.80</b>	+03:24:47 (22.1%)	8:25	7,1 (77.8%)
34	BOŻEK Michał	5118		Senior II M - 30	17	01:45:54	04:48:20	07:42:36	09:19:04	11:25:36		<b>15:25:42.30</b>	<b>15:26:05.40</b>	+03:24:49 (22.1%)	8:24	7,1 (77.8%)
35	MILCZAREK Paweł	5194	SZUKAM SPONSORA	Senior I M - 20	7	01:42:50	04:45:38	07:46:46	09:24:47	11:44:46	13:55:45	<b>15:31:10.85</b>	<b>15:31:23.95</b>	+03:30:07 (22.6%)	8:27	7,1 (77.8%)
36	JĘDRASZEK Alicja	5168	KORONA PABIANICE	Senior II K - 30	1	01:59:39	05:08:51	08:07:37	09:40:11	11:56:37	13:55:43	<b>15:34:28.60</b>	<b>15:34:50.95</b>	+03:33:34 (22.8%)	8:29	7,1 (77.8%)
37	PAWŁOWSKI Tomasz	5182	TEAM PLESZEW	Senior II M - 30	18	01:43:05	04:45:40	07:42:46	09:25:15	11:45:46	13:55:48	<b>15:35:32.50</b>	<b>15:35:45.90</b>	+03:34:29 (22.9%)	8:30	7,1 (77.8%)
38	JUSZKO Krzysztof	5161		Masters M - 40	9	01:50:43	05:08:26	08:09:53	09:57:20	12:14:53	14:08:48	<b>15:41:02.65</b>	<b>15:41:09.40</b>	+03:39:53 (23.4%)	8:33	7 (77.8%)
39	SADZIK Robert	5002		Senior II M - 30	19	01:45:45	05:20:49	08:32:56	10:15:40	12:33:56	14:20:03	<b>15:44:53.90</b>	<b>15:44:57.00</b>	+03:43:40 (23.7%)	8:35	7 (77.8%)
40	ZIENIEWICZ Wojciech	5125		Masters M - 40	10	01:44:08	04:57:07	08:07:55	09:40:28	11:58:55	14:06:13	<b>15:46:51.90</b>	<b>15:46:56.40</b>	+03:45:40 (23.8%)	8:36	7 (77.8%)
41	CAŁY Patryk	5066	#KFD FALLOUT TEAM	Senior II M - 30	20	02:06:43	05:23:48	08:26:33	10:07:10	12:30:33	14:24:01	<b>15:54:20.45</b>	<b>15:54:47.00</b>	+03:53:30 (24.5%)	8:40	6,9 (66.7%)
42	KUC Wojciech	5048		Senior II M - 30	21	01:48:18	04:58:18	08:01:44	09:42:32	12:02:44	14:11:33	<b>15:59:57.90</b>	<b>16:00:12.95</b>	+03:58:56 (24.9%)	8:43	6,9 (66.7%)
43	DZIUBA Piotr	5026		Masters M - 40	11	01:44:13	04:59:38	08:06:47	09:49:42	12:28:47	14:25:25	<b>16:00:15.15</b>	<b>16:00:27.95</b>	+03:59:11 (24.9%)	8:43	6,9 (66.7%)
44	KUKULSKI Wojciech	5124		Senior II M - 30	22	01:53:23	05:18:33	08:26:48	10:12:07	12:23:48	14:25:27	<b>16:02:51.20</b>	<b>16:03:02.45</b>	+04:01:46 (25.1%)	8:45	6,9 (66.7%)
45	SOBCZAK Daniel	5142		Senior II M - 30	23	01:52:54	05:05:44	08:14:33	09:59:40	12:21:33	14:25:30	<b>16:02:59.85</b>	<b>16:03:26.25</b>	+04:02:10 (25.1%)	8:45	6,9 (66.7%)
46	TOMALSKI Marcin	5202		Senior II M - 30	24	01:44:52	04:53:38	07:51:51	09:31:02	11:47:51	13:52:58	<b>16:05:48.05</b>	<b>16:05:56.35</b>	+04:04:40 (25.3%)	8:46	6,8 (66.7%)
47	KOTARBA Wojciech	5050	FEBRISAN	Senior II M - 30	25	02:02:56	05:24:55	08:32:34	10:09:49	12:43:34	14:39:08	<b>16:11:19.05</b>	<b>16:11:44.70</b>	+04:10:28 (25.8%)	8:49	6,8 (66.7%)
48	JĘDRYCHOWSKI Bartłomiej	5205	WEMECOTEAM	Senior II M - 30	26	01:56:46	05:20:58	08:32:45	10:10:01	12:43:45	14:39:23	<b>16:11:30.60</b>	<b>16:11:44.90</b>	+04:10:28 (25.8%)	8:49	6,8 (66.7%)
49	ŚWITALSKA Jowita (Julja)	5073	NIGHT RUNNERS / NR+	Senior II K - 30	2	01:57:44	05:28:20	08:40:53	10:26:08	12:35:53	14:39:11	<b>16:12:33.20</b>	<b>16:12:39.90</b>	+04:11:23 (25.8%)	8:50	6,8 (66.7%)
50	RYMARSKI Arkadiusz	5065	NOA	Masters M - 40	12	01:46:24	04:48:22	07:45:51	09:25:14	11:54:51	14:21:32	<b>16:31:58.90</b>	<b>16:32:07.75</b>	+04:30:51 (27.3%)	9:01	6,7 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A12	A13	A14	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	40km	61km	73km	85km	98km	110km	110km			
50	KUNICKI Konrad	5064	NOA	Senior II M - 30	27	01:46:26	04:48:35	07:45:52	09:25:15	11:54:52	14:21:32	<b>16:32:00.15</b>	<b>16:32:07.75</b>	+04:30:51 (27.3%)	9:01	6,7 (66.7%)
52	IWANYSZYN Tomasz	5015	SIELOTO	Senior II M - 30	28	02:03:31	05:44:08		10:34:17	12:58:47	15:01:49	<b>16:35:39.35</b>	<b>16:35:51.55</b>	+04:34:35 (27.6%)	9:03	6,6 (66.7%)
53	PIASECKI Rafał	5192	UKA WARSZAWA	Senior II M - 30	29	01:45:45	04:54:22	07:52:52	10:06:28	12:42:52	14:53:22	<b>16:36:21.10</b>	<b>16:36:28.10</b>	+04:35:12 (27.6%)	9:03	6,6 (66.7%)
54	REJF Tomasz	5019	RUDY AND TUNIEK	Masters M - 40	13	02:05:47	05:45:37	08:59:38	10:39:25	12:59:38	14:53:08	<b>16:36:06.55</b>	<b>16:36:28.20</b>	+04:35:12 (27.6%)	9:03	6,6 (66.7%)
55	KROK Sławomir	5226		Masters M - 40	14	01:51:29	05:18:53	08:32:28	10:20:35	12:55:28	15:00:11	<b>16:40:29.55</b>	<b>16:41:00.60</b>	+04:39:44 (27.9%)	9:05	6,6 (66.7%)
56	HOFMAŃSKI Rafał	5207		Senior I M - 20	8	01:56:46	05:20:32		10:21:18	12:52:48	15:01:52	<b>16:41:51.55</b>	<b>16:42:02.70</b>	+04:40:46 (28.0%)	9:06	6,6 (66.7%)
57	MAJEWICZ Filip	5140		Senior I M - 20	9	02:00:10	05:30:45	08:40:48	10:28:48	12:47:48	14:54:54	<b>16:44:24.15</b>	<b>16:44:35.20</b>	+04:43:19 (28.2%)	9:07	6,6 (66.7%)
58	WIERGOWSKI Marek	5221	STRASZYN ULTRA TEAM	Masters M - 40	15	02:09:52	05:41:00	09:20:39	11:06:28	13:22:39	15:12:19	<b>16:45:08.30</b>	<b>16:45:29.15</b>	+04:44:13 (28.3%)	9:08	6,6 (66.7%)
59	DREJARZ-KACZMAREK Anna	5165	OXYGEN	Senior II K - 30	3	02:03:38	05:40:39	08:55:52	10:34:49	13:17:52	15:10:39	<b>16:47:59.75</b>	<b>16:48:07.35</b>	+04:46:51 (28.5%)	9:09	6,5 (66.7%)
60	WŁODARCZYK Michał	5076		Senior II M - 30	30	01:57:39	05:20:31	08:32:47	10:17:15	12:56:47	15:01:50	<b>16:49:28.45</b>	<b>16:49:41.00</b>	+04:48:24 (28.6%)	9:10	6,5 (66.7%)
61	MISZCZAK Szymon	5044	REHABILITANCI.ORG.PL	Senior II M - 30	31	01:56:22	04:59:37	08:08:47	10:09:00	12:48:47	15:05:01	<b>16:52:27.35</b>	<b>16:52:39.60</b>	+04:51:23 (28.8%)	9:12	6,5 (66.7%)
62	OKIENCZUK Radek	5136	KONGO SAFIRI	Senior II M - 30	32	01:59:58	05:28:12	08:48:49	10:34:15	13:07:49	15:10:30	<b>16:53:44.60</b>	<b>16:53:55.25</b>	+04:52:39 (28.9%)	9:12	6,5 (66.7%)
63	LASEK Jakub	5227	KW OPOLE	Senior I M - 20	10	01:59:35	05:27:53	08:47:48	10:34:14	13:06:48	15:08:13	<b>16:53:44.20</b>	<b>16:53:55.55</b>	+04:52:39 (28.9%)	9:12	6,5 (66.7%)
64	TASZAREK Jakub	5016		Masters M - 40	16	01:53:21	05:18:46	08:26:49	10:12:09	12:53:49	15:09:54	<b>16:58:50.20</b>	<b>16:59:01.15</b>	+04:57:45 (29.2%)	9:15	6,5 (66.7%)
65	FILIPOWICZ Marcin	5152		Masters M - 40	17	01:59:59	05:24:51	08:40:47	10:27:28	13:04:47	15:17:24	<b>17:01:50.80</b>	<b>17:02:03.75</b>	+05:00:47 (29.4%)	9:17	6,5 (66.7%)
66	KOWAL Wiesław	5198	SPARTA ZIĘBICE	Masters M - 40	18	01:58:46	05:37:04	08:51:46	10:33:41	13:16:46	15:26:28	<b>17:04:28.15</b>	<b>17:04:42.00</b>	+05:03:25 (29.6%)	9:18	6,4 (66.7%)
67	SŁOMIAN Marcelina	5109		Senior I K - 20	3	02:00:43	05:08:56	08:08:39	10:09:19	12:56:39	15:14:15	<b>17:07:03.05</b>	<b>17:07:23.10</b>	+05:06:07 (29.8%)	9:20	6,4 (66.7%)
68	MIKLER Arkadiusz	5056	RELIM - WEERIDE	Masters M - 40	19	01:59:52	05:41:16	08:56:49	10:45:55	13:31:49	15:28:16	<b>17:07:55.35</b>	<b>17:08:05.85</b>	+05:06:49 (29.8%)	9:20	6,4 (66.7%)
69	NADRZYCKI Daniel	5110		Senior II M - 30	33	02:08:45	05:42:01	08:59:45	10:37:18	13:11:45	15:14:17	<b>17:07:53.40</b>	<b>17:08:08.35</b>	+05:06:52 (29.8%)	9:20	6,4 (66.7%)
70	PIASECKA-WSZOŁA Anna	5179	SAINT-GOBAIN SGSQUAD	Senior II K - 30	4	01:57:44	05:37:12	08:51:54	10:33:49	13:16:54	15:26:38	<b>17:09:27.65</b>	<b>17:09:33.45</b>	+05:08:17 (29.9%)	9:21	6,4 (66.7%)
71	MALINOWSKI Jerzy	5084	SPARTA ZIĘBICE	Masters M - 40	20	01:58:46	05:37:04	08:51:45	10:33:39	13:17:45	15:27:04	<b>17:09:32.55</b>	<b>17:09:47.05</b>	+05:08:30 (30.0%)	9:21	6,4 (66.7%)
72	GRZESIAK Mateusz	5173	KLUB AA	Senior II M - 30	34	01:52:12	05:24:21	08:46:51	10:44:14	13:31:51	15:34:53	<b>17:10:21.45</b>	<b>17:10:30.30</b>	+05:09:14 (30.0%)	9:22	6,4 (66.7%)
73	ZEGARMISTRZ Grzegorz	5133		Senior II M - 30	35	01:57:27	05:25:33	09:51:49	11:29:24	13:44:49	15:36:03	<b>17:10:50.50</b>	<b>17:11:00.70</b>	+05:09:44 (30.0%)	9:22	6,4 (66.7%)
74	HETMANOWSKI Jędrzej	5067	ULTRA PMI	Masters M - 40	21	01:55:02	05:25:26	08:40:54	10:55:31	13:38:54	15:32:04	<b>17:14:07.25</b>	<b>17:14:12.60</b>	+05:12:56 (30.3%)	9:24	6,4 (66.7%)
75	WYSTRYCHOWSKA Marzena	5160	BFAGENCJA.PL	Masters K - 40	2	02:02:32	05:42:31	08:59:54	10:43:48	13:27:54	15:31:19	<b>17:14:25.85</b>	<b>17:14:31.50</b>	+05:13:15 (30.3%)	9:24	6,4 (66.7%)
76	KAMIENNIK Sebastian	5018		Senior II M - 30	36	02:19:19	06:01:25	09:19:38	11:02:41	13:24:38	15:35:59	<b>17:18:23.45</b>	<b>17:18:45.40</b>	+05:17:29 (30.6%)	9:26	6,4 (66.7%)
77	NOWAK Przemysław	5214	KRAUSE RUNNING TEAM	Senior II M - 30	37	01:58:13	05:03:04		10:14:37	13:02:48	15:23:06	<b>17:20:43.30</b>	<b>17:20:54.85</b>	+05:19:38 (30.7%)	9:27	6,3 (66.7%)
78	KRAWCZYK Artur	5081		Senior I M - 20	11	01:55:24	04:58:17		10:14:34	12:55:45	15:23:04	<b>17:20:40.10</b>	<b>17:20:55.00</b>	+05:19:38 (30.7%)	9:27	6,3 (66.7%)
79	KWAŚNIK Błażej	5199	DLA OLUNI :*	Senior II M - 30	38	02:01:30	05:32:34	08:52:35	10:40:05	13:16:35	15:44:05	<b>17:22:05.30</b>	<b>17:22:29.30</b>	+05:21:13 (30.8%)	9:28	6,3 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A12	A13	A14	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	40km	61km	73km	85km	98km	110km	110km			
80	<b>CHROMICZ Krzysztof</b>	<b>5088</b>		Senior II M - 30	39	02:02:27	05:28:16	08:52:40	10:42:29	13:26:40	15:36:04	<b>17:24:19.95</b>	<b>17:24:38.95</b>	+05:23:22 (31.0%)	9:29	6,3 (66.7%)
81	<b>KACZMAREK Grzegorz</b>	<b>5167</b>	EDC RUNNERS	Senior II M - 30	40	02:03:34	05:40:40	08:55:52	10:43:58	13:25:52	15:37:25	<b>17:35:40.05</b>	<b>17:35:48.00</b>	+05:34:31 (31.7%)	9:35	6,3 (66.7%)
82	<b>SĘDECKI Piotr</b>	<b>5188</b>		Weteran I M - 50	1	02:00:22	05:24:08	08:40:39	10:35:22	13:09:39	15:31:03	<b>17:35:44.45</b>	<b>17:36:04.70</b>	+05:34:48 (31.7%)	9:35	6,3 (66.7%)
83	<b>MARCHEWKA Joanna</b>	<b>5025</b>		Masters K - 40	3	02:04:27	05:38:00	08:55:34	10:41:24	13:23:34	15:43:01	<b>17:39:05.20</b>	<b>17:39:30.40</b>	+05:38:14 (31.9%)	9:37	6,2 (66.7%)
84	<b>WŁOSKOWICZ Marcin</b>	<b>5043</b>		Masters M - 40	22	02:02:10	05:29:09	08:51:30	10:47:16	13:32:30	15:48:20	<b>17:39:34.80</b>	<b>17:40:04.10</b>	+05:38:48 (32.0%)	9:37	6,2 (66.7%)
85	<b>KOZŁOWSKI Bartek</b>	<b>5111</b>	ULTRAMENTAL.PL	Masters M - 40	23	01:39:22	04:58:31	08:20:54	10:03:13	12:55:54	15:23:14	<b>17:40:44.05</b>	<b>17:40:49.85</b>	+05:39:33 (32.0%)	9:38	6,2 (66.7%)
86	<b>KOLASIŃSKI Jarosław</b>	<b>5189</b>	KTM	Weteran I M - 50	2	02:08:26	05:39:43	08:51:39	10:43:34		15:35:48	<b>17:41:00.15</b>	<b>17:41:20.40</b>	+05:40:04 (32.0%)	9:38	6,2 (66.7%)
87	<b>DOMOSTOWICZ Michał</b>	<b>5196</b>	LODOŁAMACZ	Senior II M - 30	41	02:02:06	05:28:49	08:40:38	10:34:22	13:17:38	15:35:56	<b>17:40:59.50</b>	<b>17:41:20.55</b>	+05:40:04 (32.0%)	9:38	6,2 (66.7%)
88	<b>ZAKRZEWSKI Marek</b>	<b>5145</b>	ALEDOBRE.PL	Masters M - 40	24	01:55:56	05:28:32	08:55:53	10:40:15	13:22:53	15:43:29	<b>17:44:55.55</b>	<b>17:45:02.35</b>	+05:43:46 (32.3%)	9:40	6,2 (66.7%)
89	<b>DYMEK Mateusz</b>	<b>5146</b>		Senior II M - 30	42	01:56:11	05:28:15		10:56:25	13:39:53	15:53:47	<b>17:45:26.75</b>	<b>17:45:33.60</b>	+05:44:17 (32.3%)	9:41	6,2 (66.7%)
90	<b>KISIAŁA Filip</b>	<b>5004</b>	LACHO TEAM	Senior II M - 30	43	01:43:56	05:08:28	08:26:53	10:16:29	13:05:53	15:33:12	<b>17:49:59.95</b>	<b>17:50:06.20</b>	+05:48:50 (32.6%)	9:43	6,2 (66.7%)
91	<b>ADAMSKA Zofia</b>	<b>5020</b>	KALENJI RUNNING TEAM	Senior I K - 20	4	01:59:48	05:02:52	08:26:37	10:33:33	13:22:37	15:49:19	<b>17:52:52.80</b>	<b>17:53:15.10</b>	+05:51:59 (32.8%)	9:45	6,2 (66.7%)
92	<b>TOMCZYK Tomasz</b>	<b>5203</b>	RMF 4RACING TEAM OCR	Senior II M - 30	44	02:00:45	05:08:55	08:08:42	10:09:16	12:56:42	15:13:07	<b>17:53:28.15</b>	<b>17:53:46.00</b>	+05:52:29 (32.8%)	9:45	6,1 (66.7%)
93	<b>NOJSZEWSKA Anika</b>	<b>5112</b>	ULTRAMENTAL.PL	Senior II K - 30	5	01:48:30	05:06:02	08:07:53	10:00:02	12:55:53	15:24:53	<b>17:54:12.25</b>	<b>17:54:18.50</b>	+05:53:02 (32.9%)	9:45	6,1 (66.7%)
94	<b>SIKORSKI Marcin</b>	<b>5171</b>	TT SZCZECIN	Masters M - 40	25	01:58:14	05:03:04		09:40:36	11:58:48	13:55:52	<b>17:54:07.30</b>	<b>17:54:19.00</b>	+05:53:02 (32.9%)	9:45	6,1 (66.7%)
95	<b>WROBLEWSKI Krzysztof</b>	<b>5069</b>	RUNNERS PMI	Weteran I M - 50	3	01:54:59	05:25:27	08:24:54	10:55:31	13:41:54	15:51:16	<b>17:54:21.30</b>	<b>17:54:27.10</b>	+05:53:11 (32.9%)	9:46	6,1 (66.7%)
96	<b>KOPEĆ Paweł</b>	<b>5206</b>	MODULESGARDEN	Senior II M - 30	45	01:45:26	05:18:24	08:32:41	10:29:11	13:31:41	15:56:26	<b>17:56:55.00</b>	<b>17:57:13.65</b>	+05:55:57 (33.0%)	9:47	6,1 (66.7%)
97	<b>SKWIERCZYŃSKI Darek</b>	<b>5164</b>		Masters M - 40	26	02:09:58	05:43:49	08:55:28	10:46:36	13:47:28	16:05:26	<b>18:00:35.60</b>	<b>18:01:06.60</b>	+05:59:50 (33.3%)	9:49	6,1 (66.7%)
98	<b>KOWALSKI Piotr</b>	<b>5046</b>		Masters M - 40	27	01:50:27	05:17:57	08:55:49	10:59:47	13:58:49	16:19:29	<b>18:07:10.35</b>	<b>18:07:21.10</b>	+06:06:05 (33.7%)	9:53	6,1 (66.7%)
99	<b>PELC Paweł</b>	<b>5137</b>		Senior II M - 30	46	02:07:36	05:43:37	09:26:40	11:26:28	14:01:40	16:09:22	<b>18:07:12.35</b>	<b>18:07:32.20</b>	+06:06:16 (33.7%)	9:53	6,1 (66.7%)
100	<b>KULIBERDA Tomasz</b>	<b>5147</b>	TEATR O.DE.LA	Masters M - 40	28	02:10:47	05:49:29	09:08:39	10:58:29	14:00:39	16:11:36	<b>18:12:53.15</b>	<b>18:13:13.90</b>	+06:11:57 (34.0%)	9:56	6 (66.7%)
101	<b>DUCH Emil</b>	<b>5176</b>		Senior II M - 30	47	02:01:39	05:59:50	09:42:46	11:37:10	14:02:46	16:11:44	<b>18:13:00.55</b>	<b>18:13:14.40</b>	+06:11:58 (34.0%)	9:56	6 (66.7%)
102	<b>SIENKIEWICZ Wojtek</b>	<b>5013</b>	OGARY DOLORES	Masters M - 40	29	01:53:04	05:23:52	08:45:45	10:40:36	13:31:45	16:03:45	<b>18:13:43.80</b>	<b>18:13:58.55</b>	+06:12:42 (34.1%)	9:56	6 (66.7%)
103	<b>GAJEWSKI Tomasz</b>	<b>5092</b>	POMIOTY SZATANA	Senior II M - 30	48	02:04:28	05:38:03	08:59:40	10:59:34	14:00:40	16:21:02	<b>18:14:07.05</b>	<b>18:14:26.20</b>	+06:13:10 (34.1%)	9:56	6 (66.7%)
104	<b>PISAREK Mateusz</b>	<b>5175</b>	BIOCO RUNNING TEAM	Senior II M - 30	49	01:50:52	05:22:17	08:33:57	10:21:49	13:09:57	15:49:17	<b>18:18:18.10</b>	<b>18:18:20.90</b>	+06:17:04 (34.3%)	9:59	6 (66.7%)
105	<b>NOWAKOWSKI Łukasz</b>	<b>5128</b>	LOTOS TEAM/ENDURE TEAM	Senior II M - 30	50	02:00:01	05:28:29		10:58:12	14:01:49	16:20:13	<b>18:18:32.75</b>	<b>18:18:43.60</b>	+06:17:27 (34.4%)	9:59	6 (66.7%)
106	<b>MAŁKOWSKI Piotr</b>	<b>5104</b>		Weteran II M - 60	1	02:02:36	05:59:05	09:29:30	11:30:57	14:19:30	16:34:08	<b>18:30:34.45</b>	<b>18:31:04.05</b>	+06:29:47 (35.1%)	10:05	5,9 (55.6%)
107	<b>MAŁKOWSKI Krzysztof</b>	<b>5103</b>		Masters M - 40	30	02:02:35	05:59:05		11:30:56	14:19:29	16:34:09	<b>18:30:37.80</b>	<b>18:31:08.00</b>	+06:29:51 (35.1%)	10:05	5,9 (55.6%)
108	<b>WOLSZCZAK Konrad</b>	<b>5070</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	Senior II M - 30	51	02:06:13	05:59:23	09:35:46	11:36:33	14:32:46	16:45:51	<b>18:32:47.40</b>	<b>18:33:00.50</b>	+06:31:44 (35.2%)	10:06	5,9 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
109	<b>PALKIJ Aleksandra</b>	<b>5090</b>	KS FORREST LIMANOWA	Senior II K - 30	6		05:59:15	09:35:40	11:36:26	14:31:40	16:46:38	<b>18:32:41.25</b>	<b>18:33:00.60</b>	+06:31:44 (35.2%)	10:06	5,9 (55.6%)
110	<b>BOTTCHER Andrzej</b>	<b>5087</b>	STRZELIŃSKI KLUB BIEGACZA GRANIT	Masters M - 40	31	02:09:44	05:59:06	09:35:33	11:35:54	14:31:33	16:45:19	<b>18:32:34.55</b>	<b>18:33:00.70</b>	+06:31:44 (35.2%)	10:06	5,9 (55.6%)
110	<b>GAJLUSZ Dawid</b>	<b>5116</b>	KB SZERSZEŃ OLEŚNICA/ WWW.BIEGIEMPOMARZENIA.BLOGAPOT.COM	Senior II M - 30	52	02:06:11	05:59:18	09:35:47	11:36:33	14:31:47	16:45:32	<b>18:32:47.85</b>	<b>18:33:00.70</b>	+06:31:44 (35.2%)	10:06	5,9 (55.6%)
112	<b>MATYSZCZAK Sławomir</b>	<b>5054</b>		Weteran I M - 50	4	02:09:42	05:59:07	09:35:34	11:35:54		16:46:26	<b>18:32:35.25</b>	<b>18:33:00.80</b>	+06:31:44 (35.2%)	10:06	5,9 (55.6%)
113	<b>CIEŚLAK Krzysztof</b>	<b>5144</b>	ULTRAFAZA.PL - CIEMNA STRONA MOCY	Senior II M - 30	53	02:02:25	05:46:51	09:30:35	11:22:20	14:26:35	16:49:25	<b>18:33:36.95</b>	<b>18:34:01.15</b>	+06:32:45 (35.3%)	10:07	5,9 (55.6%)
114	<b>CIEŚLAK Jakub</b>	<b>5197</b>	ZDROWE!	Senior II M - 30	54	02:02:24	05:46:50	09:30:35	11:22:20	14:26:35	16:49:24	<b>18:33:42.20</b>	<b>18:34:06.55</b>	+06:32:50 (35.3%)	10:07	5,9 (55.6%)
115	<b>KOWA Marcin</b>	<b>5127</b>		Senior I M - 20	12	02:02:00	05:59:30	09:27:51	11:29:27	14:15:51	16:31:29	<b>18:34:06.20</b>	<b>18:34:15.15</b>	+06:32:59 (35.3%)	10:07	5,9 (55.6%)
116	<b>WOLSAKIEWICZ Tomasz</b>	<b>5089</b>		Weteran I M - 50	5	02:03:21	05:55:06	09:24:54	11:20:32	13:17:54	16:38:19	<b>18:34:34.30</b>	<b>18:34:40.20</b>	+06:33:24 (35.3%)	10:07	5,9 (55.6%)
117	<b>GARGAS-MARUT Małgorzata</b>	<b>5190</b>	PZU SPORT TEAM	Masters K - 40	4	02:10:44	05:58:51	09:25:31	11:16:57	14:15:31	16:35:24	<b>18:36:05.90</b>	<b>18:36:34.85</b>	+06:35:18 (35.4%)	10:08	5,9 (55.6%)
118	<b>GARGAS Marek</b>	<b>5191</b>		Senior II M - 30	55	02:10:42	05:58:51	09:25:31	11:16:57	14:15:31	16:35:27	<b>18:36:07.05</b>	<b>18:36:35.50</b>	+06:35:19 (35.4%)	10:08	5,9 (55.6%)
119	<b>SZAŁKOWSKI Tomasz</b>	<b>5217</b>		Masters M - 40	32	02:10:00	06:01:25	09:44:42	11:32:13	14:20:42	16:38:54	<b>18:40:51.65</b>	<b>18:41:08.90</b>	+06:39:52 (35.7%)	10:11	5,9 (55.6%)
120	<b>WOLAŃSKI Witosław</b>	<b>5010</b>		Weteran I M - 50	6	02:10:36	06:01:26	09:44:45	11:32:15	14:20:45	16:38:55	<b>18:40:54.35</b>	<b>18:41:09.30</b>	+06:39:53 (35.7%)	10:11	5,9 (55.6%)
121	<b>BARAŃSKI Rafał</b>	<b>5060</b>	BIEGAM BO MUSZĘ OPOLE	Masters M - 40	33	02:07:39	06:01:23		11:58:03	14:48:40	16:58:33	<b>18:43:18.45</b>	<b>18:43:37.90</b>	+06:42:21 (35.8%)	10:12	5,9 (55.6%)
122	<b>ŚWIDERSKI Krzysztof</b>	<b>5114</b>		Senior I M - 20	13	02:00:14	05:38:55	08:22:52	11:08:18	13:55:52	16:30:12	<b>18:44:39.95</b>	<b>18:44:47.90</b>	+06:43:31 (35.9%)	10:13	5,9 (55.6%)
123	<b>DOŁŻYCKI Daniel</b>	<b>5028</b>	RUDY AND TUNIEK	Masters M - 40	34	02:05:46	05:45:35	09:23:37	11:28:45	14:23:37	16:56:15	<b>18:50:48.20</b>	<b>18:51:10.40</b>	+06:49:54 (36.2%)	10:16	5,8 (55.6%)
124	<b>BRODOWSKI Michał</b>	<b>5186</b>	LEMON TEAM	Senior II M - 30	56	01:59:35	05:44:23	09:22:38	11:25:50	14:25:38	16:47:44	<b>18:53:00.65</b>	<b>18:53:22.25</b>	+06:52:06 (36.4%)	10:18	5,8 (55.6%)
125	<b>LEWANDOWSKI Kamil</b>	<b>5178</b>		Senior II M - 30	57	02:02:54	05:59:52	09:35:29	11:29:17	14:26:29	16:58:58	<b>18:55:00.70</b>	<b>18:55:31.45</b>	+06:54:15 (36.5%)	10:19	5,8 (55.6%)
126	<b>SYNOWIEC Grzegorz</b>	<b>5211</b>		Masters M - 40	35	02:09:57	05:59:36	09:29:36	11:32:10	14:28:36	16:52:32	<b>18:58:29.25</b>	<b>18:58:52.65</b>	+06:57:36 (36.7%)	10:20	5,8 (55.6%)
127	<b>DEINIUK Roman</b>	<b>5204</b>		Senior I M - 20	14	02:00:32	05:59:21		11:59:52	14:54:47	17:17:29	<b>19:13:41.15</b>	<b>19:13:53.50</b>	+07:12:37 (37.5%)	10:29	5,7 (55.6%)
128	<b>SIERACZKIEWICZ Mariusz</b>	<b>5093</b>	SIERACZKIEWICZOWIE	Senior II M - 30	58	02:20:06	06:41:45		12:29:33	15:10:43	17:22:58	<b>19:20:24.55</b>	<b>19:20:41.10</b>	+07:19:25 (37.9%)	10:32	5,7 (55.6%)
129	<b>SOBKOWIAK Ewa</b>	<b>5166</b>	BRYLANT KÓRNIK	Weteran K - 50	1	02:17:14	06:33:34	09:57:31	11:58:17	14:48:31	17:11:39	<b>19:22:55.75</b>	<b>19:23:24.20</b>	+07:22:08 (38.0%)	10:34	5,7 (55.6%)
130	<b>STAWIARSKI Jakub</b>	<b>5074</b>		Senior II M - 30	59	02:00:10	05:52:16		11:42:55	14:58:51	17:19:05	<b>19:26:18.45</b>	<b>19:26:27.30</b>	+07:25:11 (38.2%)	10:36	5,7 (55.6%)
131	<b>WOJTKOWSKI Ireneusz</b>	<b>5153</b>	ASSECO ACTIVE TEAM	Weteran I M - 50	7	02:19:53	06:25:43	10:04:32	12:17:14	14:58:32	17:19:13	<b>19:26:01.90</b>	<b>19:26:29.60</b>	+07:25:13 (38.2%)	10:36	5,7 (55.6%)
132	<b>MARCINIAK Damian</b>	<b>5055</b>		Senior I M - 20	15	02:02:51	05:39:53	08:57:40	10:48:04	13:50:40	16:46:46	<b>19:28:41.85</b>	<b>19:29:01.40</b>	+07:27:45 (38.3%)	10:37	5,6 (55.6%)
133	<b>MALEC Dawid</b>	<b>5156</b>	NIGHT RUNNERS	Senior I M - 20	16	02:02:08	05:52:17	09:37:52	11:46:57	14:58:52	17:19:42	<b>19:29:37.30</b>	<b>19:29:44.95</b>	+07:28:28 (38.3%)	10:37	5,6 (55.6%)
134	<b>SAKOWICZ Wojciech</b>	<b>5154</b>	UBPB TEAM	Senior II M - 30	60	02:07:14	06:32:13	10:16:50	12:15:12	15:13:50	17:43:06	<b>19:36:16.85</b>	<b>19:36:26.35</b>	+07:35:10 (38.7%)	10:41	5,6 (55.6%)
135	<b>POTOCZNY Łukasz</b>	<b>5049</b>	EUFORIABIEGACZA.PL	Senior II M - 30	61	02:13:56	06:09:46	09:50:48	11:49:57	14:52:48	17:35:51	<b>19:37:21.55</b>	<b>19:37:32.80</b>	+07:36:16 (38.7%)	10:42	5,6 (55.6%)
136	<b>SYGOCKI Konrad</b>	<b>5071</b>	BIEGAM NA TARCHOMINIE	Senior II M - 30	62	02:02:24	06:09:54	10:02:50	12:15:12	15:09:50	17:43:09	<b>19:38:13.20</b>	<b>19:38:23.10</b>	+07:37:07 (38.8%)	10:42	5,6 (55.6%)
137	<b>WCISŁO Ariel</b>	<b>5106</b>	WROCŁAWSKI KLUB WYSOKOGÓRSKI	Senior I M - 20	17	02:10:04	06:16:02	09:56:45	12:18:13	15:20:45	17:39:53	<b>19:40:05.20</b>	<b>19:40:19.40</b>	+07:39:03 (38.9%)	10:43	5,6 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
138	<b>SZABLICKI Aleksy</b>	<b>5134</b>	WKB META LUBLINIEC	Weteran I M - 50	8	02:20:00	06:32:00	10:04:36	12:10:30	15:03:36	17:42:54	<b>19:44:23.50</b>	<b>19:44:46.60</b>	+07:43:30 (39.1%)	10:46	5,6 (55.6%)
139	<b>SLOWINSKI Grzegorz</b>	<b>5037</b>	WKWS GRANIT	Senior II M - 30	63	02:08:19	05:44:22	09:08:30	11:01:00	14:17:30	16:53:02	<b>19:48:25.50</b>	<b>19:48:54.95</b>	+07:47:38 (39.3%)	10:48	5,6 (55.6%)
140	<b>ZDZIARSKI Tomasz</b>	<b>5085</b>		Masters M - 40	36	01:46:51	05:18:03	08:56:56	11:03:19	13:58:56	16:19:35	<b>19:48:55.75</b>	<b>19:48:59.30</b>	+07:47:43 (39.3%)	10:48	5,6 (55.6%)
141	<b>SZMYT Maciej</b>	<b>5021</b>	FUNDACJA POMOCY DZIECIOM Z CHOROBIAMI NOWOTWOROWYMI W POZNANIU	Senior II M - 30	64	01:59:48	05:41:17	08:56:49	10:49:11	14:02:49	17:05:13	<b>19:51:35.00</b>	<b>19:51:45.75</b>	+07:50:29 (39.5%)	10:49	5,5 (55.6%)
142	<b>SZAROWAR Alicja</b>	<b>5170</b>	STOWARZYSZENIE NOWE GRANICE	Senior II K - 30	7	02:04:10	06:23:51	10:06:49	12:10:41	15:46:49	18:09:41	<b>20:00:52.75</b>	<b>20:01:03.40</b>	+07:59:47 (39.9%)	10:55	5,5 (55.6%)
143	<b>NOWAK Mariusz</b>	<b>5005</b>	MATNER RUNNING TEAM	Senior II M - 30	65	02:00:40	06:24:15	10:09:39	12:27:39	15:46:39	18:09:21	<b>20:00:43.55</b>	<b>20:01:03.90</b>	+07:59:47 (39.9%)	10:54	5,5 (55.6%)
144	<b>MATUSZEWSKA Małgorzata</b>	<b>5040</b>	RUNNER'S POWER ŚREM	Masters K - 40	5	02:20:22	06:36:41	10:16:44	12:33:46	15:34:44	18:10:04	<b>20:04:40.55</b>	<b>20:04:56.45</b>	+08:03:40 (40.1%)	10:57	5,5 (55.6%)
145	<b>MATUSZEWSKI Marek</b>	<b>5039</b>	RUNNER'S POWER ŚREM	Masters M - 40	37	02:20:08	06:36:42	10:16:44	12:33:46	15:34:44	18:10:04	<b>20:04:40.80</b>	<b>20:04:56.60</b>	+08:03:40 (40.1%)	10:57	5,5 (55.6%)
146	<b>WYBRANIEC Michał</b>	<b>5086</b>		Senior II M - 30	66	02:02:35	06:14:40	10:16:35	12:20:32	15:28:35	17:57:08	<b>20:05:58.00</b>	<b>20:06:22.95</b>	+08:05:06 (40.2%)	10:57	5,5 (55.6%)
147	<b>NOWAK Bartosz</b>	<b>5011</b>	POMIOTY SZATANA	Senior II M - 30	67	02:05:15	06:50:15	10:29:47	12:35:42	15:57:47	18:23:32	<b>20:07:30.10</b>	<b>20:07:42.90</b>	+08:06:26 (40.3%)	10:58	5,5 (55.6%)
148	<b>CHMIELEWSKI Jacek</b>	<b>5126</b>		Weteran I M - 50	9	02:09:43	06:09:56	09:55:52	12:00:18	15:12:52	17:55:08	<b>20:21:20.45</b>	<b>20:21:27.65</b>	+08:20:11 (41.0%)	11:06	5,4 (55.6%)
149	<b>WIELEWSKI Waldemar</b>	<b>5129</b>	GRUPA TRÓJMIASTO	Masters M - 40	38	02:09:44	06:09:55	09:55:52	12:00:19	15:12:52	17:55:10	<b>20:21:20.80</b>	<b>20:21:27.95</b>	+08:20:11 (41.0%)	11:06	5,4 (55.6%)
150	<b>KRAJEWSKI Artur</b>	<b>5220</b>		Masters M - 40	39	02:24:48	06:50:07	10:46:47	12:37:29	15:58:47	18:19:03	<b>20:22:15.05</b>	<b>20:22:27.05</b>	+08:21:10 (41.0%)	11:06	5,4 (55.6%)
151	<b>ROJEWSKI Światosław</b>	<b>5141</b>	KONGO SAFIRI	Masters M - 40	40	01:59:57	06:03:41	10:02:48	12:32:08	15:32:48	18:12:57	<b>20:27:12.20</b>	<b>20:27:23.90</b>	+08:26:07 (41.2%)	11:09	5,4 (55.6%)
152	<b>PĘKAŁA Dawid</b>	<b>5035</b>	ŻARY RUNNERS TEAM	Masters M - 40	41	02:00:03	06:00:22	10:02:47	12:32:07	15:33:47	18:12:57	<b>20:27:12.00</b>	<b>20:27:24.00</b>	+08:26:07 (41.2%)	11:09	5,4 (55.6%)
153	<b>COP Anna</b>	<b>5017</b>	SILESIA ULTRA MOUNTAIN TEAM	Senior II K - 30	8	02:09:55	06:50:06	10:18:40	12:07:52	15:14:40	18:06:50	<b>20:29:03.65</b>	<b>20:29:23.60</b>	+08:28:07 (41.3%)	11:10	5,4 (55.6%)
154	<b>URBAŃSKI Maciej</b>	<b>5107</b>		Weteran I M - 50	10	02:06:50	06:24:36	10:03:42	12:02:42	15:10:42	18:00:27	<b>20:36:24.65</b>	<b>20:36:41.70</b>	+08:35:25 (41.7%)	11:14	5,3 (55.6%)
155	<b>RUPIK Ireneusz</b>	<b>5113</b>		Masters M - 40	42	02:06:53	06:24:39	10:03:43	12:02:44	15:10:43	18:00:29	<b>20:36:25.30</b>	<b>20:36:42.20</b>	+08:35:26 (41.7%)	11:14	5,3 (55.6%)
156	<b>MADAJ Paweł</b>	<b>5077</b>	BIEGAM, BO NIE LUBIĘ	Masters M - 40	43	02:14:56	06:35:36	10:42:36	12:34:39	15:44:36	18:24:26	<b>20:40:09.25</b>	<b>20:40:32.70</b>	+08:39:16 (41.9%)	11:16	5,3 (55.6%)
157	<b>OHLA Justyna</b>	<b>5159</b>	BIEGAM BO NIE LUBIE	Senior II K - 30	9	02:14:56	06:35:38	10:42:37	12:34:42	15:44:37	18:24:26	<b>20:40:10.10</b>	<b>20:40:32.80</b>	+08:39:16 (41.9%)	11:16	5,3 (55.6%)
158	<b>TOMCZAK Andrzej</b>	<b>5172</b>		Weteran I M - 50	11	02:12:25	07:05:19	10:46:54	13:11:01	16:18:54	18:46:11	<b>20:43:03.85</b>	<b>20:43:09.10</b>	+08:41:53 (42.0%)	11:18	5,3 (55.6%)
159	<b>OBŁOZA Piotr</b>	<b>5208</b>		Masters M - 40	44	02:03:21	05:59:05	09:49:33	12:15:10	15:12:33	17:57:12	<b>20:50:07.65</b>	<b>20:50:33.80</b>	+08:49:17 (42.3%)	11:21	5,3 (55.6%)
160	<b>WOLF Weronika</b>	<b>5033</b>	TKKF KOSZALIN	Masters K - 40	6	02:15:06	07:00:42	10:54:45	13:10:49		18:49:38	<b>20:52:26.70</b>	<b>20:52:40.75</b>	+08:51:24 (42.4%)	11:23	5,3 (55.6%)
161	<b>LACHERA Tomasz</b>	<b>5006</b>	W POGONI ZA DUCHEM	Senior II M - 30	68	02:00:48	06:15:43	10:17:50	12:22:20	15:36:50	18:39:58	<b>20:58:50.80</b>	<b>20:59:00.55</b>	+08:57:44 (42.7%)	11:26	5,2 (55.6%)
162	<b>STANIA Paweł</b>	<b>5078</b>		Senior II M - 30	69	02:13:34	06:18:50	10:07:31	12:17:32	15:33:31	18:43:13	<b>20:58:35.10</b>	<b>20:59:03.10</b>	+08:57:47 (42.7%)	11:26	5,2 (55.6%)
163	<b>NOWAK Sebastian</b>	<b>5042</b>		Senior II M - 30	70	02:12:24	06:34:26	10:06:51	12:19:39	16:14:51	19:06:27	<b>20:59:52.40</b>	<b>21:00:00.70</b>	+08:58:44 (42.8%)	11:27	5,2 (55.6%)
164	<b>KURPIK Piotr</b>	<b>5008</b>	WATAHA	Masters M - 40	45	02:03:40	05:59:21	09:49:47	12:31:02	15:33:47	18:25:07	<b>21:00:06.00</b>	<b>21:00:18.00</b>	+08:59:01 (42.8%)	11:27	5,2 (55.6%)
165	<b>ŁAGODA Łukasz</b>	<b>5041</b>	AKTIV-REHABILITACJA TEAM	Senior II M - 30	71	02:20:13	06:58:06	10:54:36	13:02:41	16:18:36	19:02:36	<b>21:17:20.10</b>	<b>21:17:43.80</b>	+09:16:27 (43.6%)	11:36	5,2 (55.6%)
166	<b>FUNKA Andrzej</b>	<b>5032</b>	NKB CHYŻY NOWY TOMYŚL	Weteran I M - 50	12	02:20:37	06:58:10	10:54:35	13:05:17	16:18:35	19:02:44	<b>21:20:07.80</b>	<b>21:20:32.10</b>	+09:19:16 (43.7%)	11:38	5,2 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A12	A13	A14	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	40km	61km	73km	85km	98km	110km	110km			
167	<b>KOJRO Bartosz</b>	<b>5007</b>	BIEGAM DLA ISKIERKI JULIA BUCZKO FB	Senior II M - 30	72	02:04:32	06:00:49	10:16:33	12:54:24	16:07:33	18:55:54	<b>21:31:52.60</b>	<b>21:32:19.40</b>	+09:31:03 (44.2%)	11:44	5,1 (55.6%)
168	<b>BAZIÓR Mateusz</b>	<b>5218</b>	RUNNERS POWER	Senior I M - 20	18	02:06:35	06:36:41	10:06:43	12:33:46	15:33:43	18:30:12	<b>21:40:08.70</b>	<b>21:40:24.70</b>	+09:39:08 (44.5%)	11:49	5,1 (55.6%)
169	<b>GOEBEL Adam</b>	<b>5119</b>	KRK-KROWODRZA	Weteran I M - 50	13	02:21:33	07:29:16	11:41:32	13:47:50	17:11:32	19:45:29	<b>21:42:24.40</b>	<b>21:42:51.95</b>	+09:41:35 (44.6%)	11:50	5,1 (55.6%)
170	<b>ŻABIEREK Bogumił</b>	<b>5052</b>		Senior II M - 30	73	02:12:28	05:55:59	09:31:37	11:22:22	14:30:37	18:17:03	<b>21:50:18.45</b>	<b>21:50:40.50</b>	+09:49:24 (45.0%)	11:54	5 (55.6%)
171	<b>JEDYNAK Izabelka</b>	<b>5212</b>	KB MANIAC POZNAŃ	Masters K - 40	7	02:26:28	07:30:43	12:02:32	14:19:28	17:13:32	19:47:06	<b>21:51:06.00</b>	<b>21:51:33.35</b>	+09:50:17 (45.0%)	11:55	5 (55.6%)
172	<b>PTAK Arkadiusz</b>	<b>5096</b>	SPARTANIE DZIECIOM	Senior II M - 30	74	02:10:58	06:20:27		13:00:53	16:34:42	19:29:12	<b>22:01:05.40</b>	<b>22:01:23.25</b>	+10:00:07 (45.4%)	12:00	5 (55.6%)
173	<b>KACZMAREK Mirosław</b>	<b>5038</b>		Senior I M - 20	19	02:06:36	06:36:42	10:16:43	12:33:49	15:40:43	18:49:23	<b>22:08:30.80</b>	<b>22:08:47.10</b>	+10:07:31 (45.7%)	12:04	5 (55.6%)
174	<b>ŚWIST Mariusz</b>	<b>5185</b>	TIMTIRIMTIM TEAM	Masters M - 40	46	02:17:53	06:56:39	11:08:42	13:34:55	17:05:42	20:00:05	<b>22:18:05.85</b>	<b>22:18:23.25</b>	+10:17:07 (46.1%)	12:09	4,9 (44.4%)
175	<b>WASIŃSKI Bartosz</b>	<b>5180</b>	STRASZYN ULTRA TEAM	Senior II M - 30	75	02:09:51	05:40:58	09:23:38	12:11:37	16:39:38	19:34:42	<b>22:28:19.70</b>	<b>22:28:41.00</b>	+10:27:24 (46.5%)	12:15	4,9 (44.4%)
176	<b>SIENICKI Piotr</b>	<b>5068</b>	ROZBIEGANY KOSZALIN / OPIUM	Masters M - 40	47	02:15:03	07:00:40	10:54:45	13:10:49	16:17:45	19:18:28	<b>22:42:36.35</b>	<b>22:42:50.65</b>	+10:41:34 (47.1%)	12:23	4,8 (44.4%)
177	<b>MARCHEWKA Andrzej</b>	<b>5024</b>		Masters M - 40	48	02:21:32	06:46:30	11:09:34	13:34:51	17:05:34	20:04:46	<b>22:56:42.70</b>	<b>22:57:07.80</b>	+10:55:51 (47.6%)	12:30	4,8 (44.4%)
178	<b>DĄBROWSKI Sławek</b>	<b>5169</b>	DOCE PARES TEAM	Masters M - 40	49	02:26:45	07:05:17	11:08:46	13:35:02	17:05:46	20:04:55	<b>22:56:54.60</b>	<b>22:57:08.10</b>	+10:55:52 (47.6%)	12:31	4,8 (44.4%)
179	<b>BUTKIEWICZ Łukasz</b>	<b>5080</b>	IRRACJONALNIE MASZERUJĄCY	Senior I M - 20	20	02:26:22	07:48:14	11:44:41	14:20:36	17:42:41	20:40:41	<b>22:59:23.40</b>	<b>22:59:41.65</b>	+10:58:25 (47.7%)	12:32	4,8 (44.4%)
180	<b>OBSTARCZYK Andrzej</b>	<b>5083</b>	ZADYSZKA OŚWIĘCIM	Weteran II M - 60	2	02:31:47	07:31:31	11:34:43	14:02:52	17:36:43	20:33:23	<b>23:01:49.95</b>	<b>23:02:06.80</b>	+11:00:50 (47.8%)	12:33	4,8 (44.4%)
181	<b>PROCHOWNIK Błażej</b>	<b>5139</b>		Senior II M - 30	76	02:18:25	06:59:05	11:01:42	13:35:00	16:59:42	19:56:04	<b>23:12:41.15</b>	<b>23:12:58.25</b>	+11:11:42 (48.2%)	12:39	4,7 (44.4%)
182	<b>KASPRZAK Damian</b>	<b>5102</b>		Senior I M - 20	21	02:08:37	06:24:08	10:26:44	12:53:49	16:40:44	20:09:23	<b>23:19:51.05</b>	<b>23:20:06.60</b>	+11:18:50 (48.5%)	12:43	4,7 (44.4%)
183	<b>KASPRZAK Jacek</b>	<b>5101</b>		Weteran I M - 50	14	02:08:36	06:24:05	10:26:44	12:53:40	16:40:44	20:09:17	<b>23:19:53.00</b>	<b>23:20:08.30</b>	+11:18:52 (48.5%)	12:43	4,7 (44.4%)
184	<b>ŚWIGOŃ-SIEJEK Małgorzata</b>	<b>5031</b>		Senior II K - 30	10	02:35:44	07:42:15	12:15:28	14:51:42		21:28:54	<b>23:56:24.40</b>	<b>23:56:56.35</b>	+11:55:40 (49.8%)	13:03	4,6 (44.4%)
185	<b>BUGAJNY Paweł</b>	<b>5163</b>	STAJNIE ŁOPUCHOWSKIE	Weteran I M - 50	15	02:18:06	07:05:10	11:17:41	13:56:16	17:59:41		<b>23:59:31.55</b>	<b>23:59:50.30</b>	+11:58:34 (49.9%)	13:05	4,6 (44.4%)
186	<b>TRUSKOLAS Michał</b>	<b>5187</b>		Masters M - 40	50	02:31:08	08:06:39	12:12:33	15:14:33	19:03:33	21:54:44	<b>24:19:19.40</b>	<b>24:19:46.15</b>	+12:18:30 (50.6%)	13:16	4,5 (44.4%)
187	<b>OBARSKI Norbert</b>	<b>5030</b>		Weteran I M - 50	16	02:46:05	08:09:44	12:28:44	15:04:47	18:29:44	21:47:59	<b>24:20:16.45</b>	<b>24:20:31.85</b>	+12:19:15 (50.6%)	13:16	4,5 (44.4%)
188	<b>OBARSKA Małgorzata</b>	<b>5029</b>		Weteran K - 50	2	02:46:14	08:09:45	12:29:44	15:04:56	18:29:44	21:47:57	<b>24:20:16.60</b>	<b>24:20:32.10</b>	+12:19:16 (50.6%)	13:16	4,5 (44.4%)
189	<b>BOGUCKI Wojciech</b>	<b>5149</b>		Masters M - 40	51	02:40:35	08:06:42	12:29:35	15:14:13	18:48:35	21:43:03	<b>24:23:50.05</b>	<b>24:24:14.55</b>	+12:22:58 (50.7%)	13:18	4,5 (44.4%)
190	<b>GAVENDA Marek</b>	<b>5138</b>		Weteran I M - 50	17	02:25:17	08:08:03	12:30:37	15:04:07	19:09:37	22:26:17	<b>24:57:09.70</b>	<b>24:57:32.00</b>	+12:56:15 (51.8%)	13:36	4,4 (44.4%)
191	<b>SOKOŁOWSKA Małgorzata</b>	<b>5151</b>		Masters K - 40	8	02:31:16	07:47:05	12:20:34	15:08:47	19:08:34	22:19:01	<b>24:59:34.90</b>	<b>25:00:00.20</b>	+12:58:44 (51.9%)	13:37	4,4 (44.4%)
192	<b>SOKOŁOWSKI Artur</b>	<b>5150</b>		Weteran I M - 50	18	02:31:15	07:47:02	12:20:33	15:08:45	19:08:33	22:19:01	<b>24:59:35.65</b>	<b>25:00:01.85</b>	+12:58:45 (51.9%)	13:37	4,4 (44.4%)
193	<b>TOMICZEK Tomasz</b>	<b>5059</b>		Senior II M - 30	77	02:26:27	07:31:00	12:01:30	15:00:09	19:18:30	22:42:50	<b>25:03:26.45</b>	<b>25:03:56.05</b>	+13:02:39 (52.0%)	13:40	4,4 (44.4%)
	<b>BRZEZOWSKI Jacek</b>	<b>5079</b>	VEGE RUNNERS	Senior II M - 30		01:51:43	04:50:35	07:46:40	09:36:56	12:14:40	14:57:34	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>CYGAN Tomasz</b>	<b>5097</b>	SPARTANIE DZIECIOM	Senior II M - 30		02:03:07	06:09:55	10:23:50	12:18:53	15:27:50	<b>DNF</b>	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 73km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
	<b>CZERNIK Andrzej</b>	<b>5082</b>		Weteran II	M - 60	02:27:08 DNF	08:26:44 DNF	13:38:59 DNF	16:25:48 DNF	20:46:59 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>CIECHANOWSKI Tomasz</b>	<b>5122</b>		Senior II M	- 30	01:57:40 DNF	05:31:28 DNF	08:58:48 DNF	11:05:26 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BŁADYKO Damian</b>	<b>5177</b>	BYLE DO METY	Senior II M	- 30	01:58:56 DNF	05:10:56 DNF	08:03:51 DNF	11:18:31 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>HETEL Adam</b>	<b>5121</b>		Senior II M	- 30	02:09:41 DNF	06:19:05 DNF	10:23:34 DNF	12:54:24 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KRANZ Grzegorz</b>	<b>5155</b>		Masters M	- 40	02:20:23 DNF	07:34:30 DNF	11:36:35 DNF	14:14:21 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KOŚMIDER Tomasz</b>	<b>5132</b>	SPARTANIE DZIECIOM	Senior II M	- 30	02:17:56 DNF	06:58:50 DNF	12:01:29 DNF	15:06:34 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BIELAWA Rafał</b>	<b>5209</b>	IECO/HERCOG TEAM	Masters M	- 40	01:34:16 DNF	04:07:01 DNF	06:41:54 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BOREJSZO Karol</b>	<b>5131</b>		Senior I M	- 20	02:10:08 DNF	07:05:09 DNF	11:19:42 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>FRUCZ Jacek</b>	<b>5023</b>		Masters M	- 40	02:12:43 DNF	07:03:29 DNF	12:27:41 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BALUK Marek</b>	<b>5195</b>	BOREK-CHEŁM	Weteran I	M - 50	02:59:51 DNF	09:27:13 DNF	13:03:50 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>AUGUSTYŃSKI Sylwester</b>	<b>5184</b>	LACHO TEAM	Senior II M	- 30	01:35:05 DNF	04:37:50 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>MARCINEK Małgorzata</b>	<b>5115</b>	SKLEPBIEGOWY.COM	Senior I K	- 20	01:48:27 DNF	05:24:39 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>POSMAN Rafał</b>	<b>5200</b>		Masters M	- 40	02:09:23 DNF	05:59:36 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WYSOCZAŃSKI Sławek</b>	<b>5100</b>	HERNIK TEAM	Senior I M	- 20	02:00:29 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KOZIELEWSKI Antoni</b>	<b>5219</b>		Masters M	- 40	02:04:28 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 210 wynik(ów)